

CALIFORNIA STATE BOARD OF HEALTH

Weekly Bulletin



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GUY P. JONES
EDITOR

Health Officers' Conference, September 19-23.

The annual conference of state, county and municipal health officials will be held at Stanford University, Palo Alto, September 19th to 23d. This meeting will be held in conjunction with the annual convention of the League of California Municipalities. Communications have been addressed to all boards of supervisors and boards of city trustees urging them to send their health officers to the conference. Public health nurses are also invited to attend.

An elaborate program of entertainment features has been prepared. There will be a special luncheon for health officers, a minstrel show, barbecue, athletic contests and many other entertainment features. The program of the health officers' section will include papers on smallpox and diphtheria control, prevention of common children's diseases, garbage disposal, sewage disposal, water supplies, child hygiene, rat extermination and many other subjects.



Pasadena Requires Examination of Food Handlers.

During the month of July more than 550 food handlers were examined in the Pasadena City Health Department in accordance with the requirements of a local ordinance. Pasadena is the only city in California which requires that all handlers of foodstuffs must pass a satisfactory physical examination, showing that they are not suffering from communicable diseases.

U. S. Supreme Court on Public Health.

In a recent opinion in a case with which the public health was concerned, Justice Wanamaker, of the United States Supreme Court, said: "Public health is the very heart of public happiness. The constitutional guarantees of life, liberty and the pursuit of happiness are of little avail unless there be clearly implied therefrom the further guarantee of safeguarding the public health, in order that life, liberty and the pursuit of happiness shall be practical and plenary."

Hanford Appropriates More Money for Public Health.

The Hanford "Journal" quoted editorially the above opinion of Justice Wanamaker and added: "Everyone will welcome the proposal for a better health regime in Hanford and will be glad of the fact that the annual budget made by the city trustees of Hanford has included a little additional money for the furtherance of more definite health regulation. Within the bounds of reason and the public pocketbook every community should go just as far as possible in the matter of promoting public health. In the last analysis all residents are wards of the city. Taxes are paid, administrative offices are supported, departments organized to safeguard our homes and our lives that we may prosper. The city, therefore, exercises a legitimate right in taking a forceful stand for the protection of health, the preservation of life and for the advancement of the standard of good citizenship."

Advice to Swimmers.

At this time of the year most deaths from drowning occur. Many of these fatal accidents are due to carelessness and the National Safety Council has issued a few simple recommendations for safety rules for the prevention of such accidents. The Council adds that it is doubtful whether persons unfamiliar with the water ever read such rules or remember them at critical moments if they did, but the rules suggested cover a few simple first principles for swimmers, non-swimmers and canoeists. They are as follows:

Don't swim on a full stomach (wait at least two hours after eating).

Don't swim if overheated.

Don't swim until exhausted.

Don't dive without accurate knowledge of the depth of the water.

Don't struggle if caught in a swift current or undertow (the force of the current will bring you to the surface).

Don't wade into the water with your arms over your head (you will not be ready to stroke if you step into a hole).

Don't lean backward when wading into the water (always be ready to fall forward).

Don't cry for help in fun (you may some time need help and not get it).

Don't fail to learn the Red Cross life saving and resuscitation method (be capable of saving yourself and your companion).

Don't go in swimming alone unless you are an expert.

It is not necessary to pull into the waves back of a passing boat to show that you can handle a canoe.

**Keep Stray Dogs Away from Cattle.**

Stray and homeless dogs are likely to become rabid. Such animals are largely responsible for the spread of rabies in California. Then, too, a tendency to wander from home is one of the first symptoms of the disease in dogs. Cattlemen and dairymen should never permit stray dogs among cows, horses and cattle, as they are very likely, at the present time, to contract the disease from such dogs. Rabies may cause tremendous losses in live stock and it is important to use every possible preventive measure lest the disease make its appearance among herds of cows, horses and cattle. A dairyman living in Fresno County was bitten last week by a rabid cow. He is now tak-

Weekly Radio Talks

(Broadcasted from Station KUO, San Francisco, Wednesday, at 3 p.m.)

Rattlesnakes are said to be more numerous this year, in the isolated districts of California, than they have been for many years and the deaths of at least two children, from rattlesnake bites, have occurred already this summer. During the months of July and August, when the reptiles are shedding their skins, they are unable to see and they strike at their victims blindly and without warning. If a person is bitten by a rattlesnake the wound should be opened by making two incisions at right angles with a sharp clean knife. As much of the poison as possible should then be removed by means of suction and permanganate of potash should be injected directly into the wound. This material can be obtained in any drug store and in most of the sporting goods houses and no one should go on a camping trip without a supply of permanganate of potash. Quick action in the treatment of snake bites is necessary if satisfactory results are to be obtained.

ing the Pasteur treatment. The cow showed all clinical symptoms of rabies and, in addition, the laboratory examination of the animal's brain proved that it was suffering from this disease.

**Rabid Cat Bites Eight Persons.**

A large cat "ran amuck" in a small town in southern California a few days ago. In the course of its mad flight it bit eight persons, most of whom were children. An examination of the animal's brain in the State Board of Health laboratory at Los Angeles proved that it was suffering from rabies. All of the individuals bitten are taking the Pasteur treatment. This same cat is also known to have bitten a dog. The dog has been placed under observation in order to determine if the disease may develop in the animal.



Another means of preserving health to be attended to is having a constant supply of fresh air in your bedroom.—Benjamin Franklin.

The first wealth is health. Sickness is poor-spirited, and can not serve anyone; it must husband its resources to live. But health, or fullness, answers its own ends, and has to spare; runs over, and inundates the neighborhoods and creeks of other men's necessities.

Physical Examinations for Sacramento School Children.

The Sacramento City Board of Education has provided for the physical examination and inspection of children of school age. Dr. George C. Hall, city health officer, has endorsed the establishment of this new work in Sacramento. His statement concerning the value of physical examination of school children follows:

"The physical inspection and examination of children of school age brings forth much valuable information, and such findings give the child who is not physically strong an opportunity to become so.

Recognition of the importance of this work is becoming universally conceded. And much credit is due the Board of Education in the City of Sacramento for its progressive step in establishing a department with the sole purpose of caring for the bodies of the school children. This naturally will increase the mental efficiency of the children. The three R's can not be taught effectively to physically defective children, nor can such children be able to learn as much as if they were well and strong.

Help Reduce Diseases.

Regular inspection by school nurses will reduce the number of children absent from school on account of illness. A child with a contagious disease will naturally be sent home early and before the other children are infected. Preventable communicable diseases may be expected to show a lower rate of incidence during the next school year in Sacramento than in the year just past, if an efficient staff is employed.

There is no bigger or more important subject of Health Department work than the control of communicable diseases, and second in importance is conservation of child life. And these two overlap so regularly that it can be considered one subject to conserve child life and control communicable disease.

This being the case, then it is natural that the health officer of a community is interested, because no other work is nearly so important. It is on this account that the Health Officer has demanded that this work be done in the schools and I am grateful for the present plan. And as stated above, the reports of the next twelve months will prove the move to be an economic saving in health, life, finances and social welfare."

Correcting Defects Early and Living Long Lives.

The late Alexander Graham Bell is another example of a great man who, in his youth, was of frail constitution and became tuberculous, but who, through the application of sound sense, overcame his physical handicaps, developed a rugged constitution, lived a long and extremely useful life and contributed vastly more to society and to civilization than it will ever be possible to measure. Theodore Roosevelt's development from an invalid in his youth to robust manhood in the powerful days that were his is known to almost everyone. History reveals the names of many men of genius who were tuberculous and who died young, crowding their short, brilliant lives with achievement. If Stevenson, Chopin and the many other men of genius who died of tuberculosis in their early years had been able to overcome their physical handicaps and live long, useful lives, how much more might they have contributed to the culture and enjoyment of humanity? Our machinery for the discovery and correction of defects in childhood is very new and as yet we are unable to determine how great the results to be accomplished through this work may be. Perhaps one of its most remarkable results may be the extension of the lives of men of genius who are as yet unborn.



Why Should Rats Live?

In commenting upon the need for the control of plague the Bakersfield "Californian" says: "The bubonic plague is an unpleasant subject, but unpleasant publicity is necessary at times to cure indifference on the part of the public. Humanity is prone to belittle disagreeable possibilities with the remark that 'such a thing is unlikely to happen' and that it is 'no use to cross the bridge until you get to it.'

"In the case of rats it is an excellent plan to destroy them ruthlessly. Who can cite a single reason for the existence of the rat?"



The greatest economic problem that awaits our solution is the conservation of the health of our people. Legislation based on this principle will receive the hearty commendation of all those who have an interest in our country's growth and prosperity.—Public Health.

It costs less to prevent disease than to care for it. HAVEN EMERSON, M.D.

MORBIDITY.**Smallpox**

Fourteen cases of smallpox were reported last week, being distributed as follows: Bakersfield 1, Calaveras County 1, Calexico 5, Livermore 4, Oakland 1, San Jose 1, Tuolumne County 1.

Typhoid Fever

Last week twenty-one cases of typhoid were reported from the following localities: Anaheim 1, Beaumont 1, Berkeley 1, Kern County 1, Los Angeles County 2, Merced County 1, Orange County 1, Pasadena 2, Redlands 1, Sacramento 4, San Joaquin County 2, San Luis Obispo County 1, Sonoma County 1, Tulare County 1, Turlock 1.

Leprosy

Oakland reported one case of leprosy last week.

Poliomyelitis

Two cases of poliomyelitis were reported last week, one from Chico and one from San Bernardino.

Epidemic Encephalitis

Vallejo reported one case of epidemic encephalitis last week.

Bacillary Dysentery

Tuolumne County reported five cases of bacillary dysentery last week.

LIST OF DISEASES REPORTABLE BY LAW.

ANTHRAX	MEASLES
BERI-BERI	MUMPS
BOTULISM	OPHTHALMIA NEONATORUM
CEREBROSPINAL MENINGITIS (Epidemic)	PARATYPHOID FEVER
CHICKENPOX	PELLAGRA
CHOLERA, ASIATIC	PLAGUE
DENGUE	PNEUMONIA
DIPHTHERIA	POLIOMYELITIS
DYSENTERY	RABIES
ENCEPHALITIS (Epidemic)	ROCKY MOUNTAIN SPOTTED (or Tick) FEVER
ERYSIPELAS	SCARLET FEVER
FLUKES	SMALLPOX
FOOD POISONING	SYPHILIS*
GERMAN MEASLES	TETANUS
GLANDERS	TRACHOMA
GONOCOCCUS INFECTION*	TUBERCULOSIS
HOOKWORM	TYPHOID FEVER
INFLUENZA	TYPHUS FEVER
JAUNDICE, INFECTIOUS	WHOOPING COUGH
LEPROSY	YELLOW FEVER
MALARIA	

*Reported by office number. Name and address not required.

QUARANTINABLE DISEASES.

CEREBROSPINAL MENINGITIS (Epidemic)	POLIOMYELITIS
CHOLERA, ASIATIC	SCARLET FEVER
DIPHTHERIA	SMALLPOX
ENCEPHALITIS (Epidemic)	TYPHOID FEVER
LEPROSY	TYPHUS FEVER
PLAGUE	YELLOW FEVER

Section 16. Public Health Act. All physicians, nurses, clergymen, attendants, owners, proprietors, managers, employees, and persons living in or visiting any sick person in any hotel, lodging house, house, building, office, structure, or other place where any person shall be ill of any infectious, contagious, or communicable disease, shall promptly report such fact to the county, city and county, city, or other local health board or health officer, together with the name of the person, if known, and place where such person is confined, and nature of the disease, if known.

COMMUNICABLE DISEASE REPORT.

Disease	1922				1921			
	Week ending			Reports for week ending Aug. 12 received by Aug. 15	Week ending			Reports for week ending Aug. 13 received by Aug. 17
	July 22	July 29	Aug. 5		July 23	July 30	Aug. 6	
Anthrax.....	0	0	0	0	0	1	0	0
Cerebrospinal Meningitis.....	2	2	1	0	4	0	6	1
Chickenpox.....	42	20	22	9	30	25	26	18
Diphtheria.....	91	119	108	37	83	102	105	123
Dysentery (Bacillary).....	1	15	5	5	3	1	4	1
Epidemic Encephalitis.....	2	2	4	1	5	1	5	6
Gonorrhoea.....	87	72	169	24	119	77	102	57
Influenza.....	6	4	3	1	3	5	31	2
Leprosy.....	2	0	0	1	1	0	0	0
Malaria.....	4	7	12	5	12	4	4	6
Measles.....	13	6	5	4	38	28	24	10
Mumps.....	10	6	14	4	32	34	24	22
Plague.....	0	0	0	0	0	0	0	0
Pneumonia.....	29	60	67	15	25	33	39	28
Poliomyelitis.....	1	1	2	2	6	11	5	10
Rabies.....	0	0	0	0	0	0	0	0
Scarlet Fever.....	35	37	33	18	44	44	32	38
Smallpox.....	14	15	31	14	28	47	36	27
Syphilis.....	97	116	138	32	70	121	76	75
Tuberculosis.....	130	188	122	42	146	192	130	126
Typhoid Fever.....	34	38	24	21	16	39	32	30
Whooping Cough.....	61	59	64	28	34	34	55	59
	661	767	824	263	699	799	736	639